



Spiced Cauliflower Toss & Cheesy Croutons

with Dill & Parsley Mayo

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Baby Broccoli



Aussie Spice Blend



Onion



Ciabatta



Grated Parmesan Cheese



Flaked Almonds



Salad Leaves



Dill & Parsley Mayonnaise

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: **20-30 mins**
- Ready in: **30-40 mins**
- Calorie Smart

This abundant veggie delight is super easy to whip up and fuss-free guaranteed. With toasty croutons and mild spices on warm morsels of cauliflower, plus veggies and creamy dill-parsley mayo, it'll disappear from the bowl in record time.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion (400g)	2 portions (800g)
carrot	1	2
baby broccoli	1 bag	1 bag
Aussie spice blend	1 sachet	1 sachet
onion	1 (medium)	1 (large)
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
ciabatta	1 packet	1 packet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
flaked almonds	1 packet	2 packets
salad leaves	1 small bag (30g)	1 medium bag (60g)
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2054kJ (491Cal)	400kJ (96Cal)
Protein (g)	18.8g	3.7g
Fat, total (g)	24.9g	4.8g
- saturated (g)	4.7g	0.9g
Carbohydrate (g)	46.1g	9g
- sugars (g)	15g	2.9g
Sodium (mg)	1152mg	224mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat oven to **220°C/200°C fan-forced**. Cut **cauliflower** into small florets. Cut **carrot** into bite-sized chunks. Trim and cut **baby broccoli** into thirds. Place **carrot** and **cauliflower** on a lined oven tray. Drizzle with **olive oil** and sprinkle with **Aussie spice blend**. Season with **salt** and toss to coat. Roast for **10 minutes**. Remove tray from oven, then add **baby broccoli** and toss to coat. Roast until tender and browned around the edges, a further **10-15 minutes**. Set aside to cool slightly.



Toast the almonds

While the croutons are baking, wipe out the frying pan and return to medium-high heat. Toast **flaked almonds**, tossing, until golden **2-3 minutes**. Set aside.



Caramelize the onion

While the veggies are roasting, thinly slice **onion**. Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**. Reduce heat to medium, then add the **balsamic vinegar**, **water** and the **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl.



Bring it all together

Add **salad leaves**, **caramelised onion** and a drizzle of **white wine vinegar** to the **roasted veggies**. Toss to combine.



Bake the croutons

While the onion is cooking, cut or tear **ciabatta** into bite-sized chunks. Place **ciabatta** on a second lined oven tray. Add a generous drizzle of **olive oil** and season with **salt** and **pepper**. Toss to coat. Sprinkle with **grated Parmesan cheese**. Bake until golden, **5-8 minutes**.

TIP: Adding enough olive oil ensures your croutons become crunchy and golden.



Serve up

Divide spiced cauliflower toss between plates. Top with cheesy croutons and **dill & parsley mayonnaise**. Garnish with toasted almonds to serve.

Enjoy!